

# PROCLAMATION

THE BOARD OF SUPERVISORS  
COUNTY OF SAN MATEO, STATE OF CALIFORNIA  
PROCLAMATION DESIGNATING THE MONTH OF

May 2019

## Mental Health Awareness Month

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**WHEREAS**, mental health and freedom from substance use challenges is fundamental to the overall health and well-being of all residents in San Mateo County; and

**WHEREAS**, mental health conditions affect one in four people in the world at some point in their lives, regardless of gender, race, ethnicity, sexual orientation, religion, or economic status; and

**WHEREAS**, mental health conditions are a leading cause of disabilities in the United States; and

**WHEREAS**, mental health and substance use conditions are as treatable as other health conditions, and people who have mental health and substance use challenges can recover and lead full, productive lives; and

**WHEREAS**, nationally, estimates suggest that half of the people with a diagnosable mental health condition are not receiving the help they need; and

**WHEREAS**, stigma and discrimination prevent many from seeking behavioral health and recovery services and other forms of support; education and sharing stories are key to reducing this stigma; and

**WHEREAS**, in the month of May, San Mateo County libraries will kick off 2019 May Mental Health Awareness Month to celebrate libraries in San Mateo County as community partners; and

**WHEREAS**, the behavioral health professionals of San Mateo County Behavioral Health and Recovery Services and its community partners have dedicated themselves to promoting wellness, recovery, inclusion, and equity by reducing stigma and discrimination around mental health and substance use challenges.

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of the County of San Mateo, State of California, hereby designates the month of May 2019 as Mental Health Awareness Month and calls upon the residents, public agencies and private institutions in San Mateo County to recommit our community to increasing awareness and understanding of behavioral health challenges, reducing stigma and discrimination, and promoting quality care that is culturally appropriate and accessible for all people with mental health and substance use challenges.

**Dated: April 23, 2019**

SUPERVISORS:

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**CAROLE GROOM, President**

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**DAVE PINE**

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**DON HORSLEY**

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**WARREN SLOCUM**

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**DAVID J. CANEPA**

Attest:

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Deputy Clerk of the Board of Supervisors